

Tapping Script to Heal from Losing a Friend

As is the case with all of my tapping scripts, the statements below can be used as is, or modified in any way that makes them resonate more fully with your experience. Also, you may notice that when you start tapping on one of these statements, thoughts and feelings will arise that you can then use as new tapping statements, which will then give rise to still more thoughts and feelings, which you can use to create additional tapping statements, and so on. I call this following the thread, and it's a very efficient way to heal and release a lot of painful feelings in a short amount of time.

Here are the tapping statements:

I'm overwhelmed with sadness because my friend died.

My friend died and I'll never see him/her again.

My friend died and I didn't get to say goodbye to him/her.

I wish I could have had more time with my friend.

I was really close to my friend, and now he/she is gone.

I wish there was something I could have done to save my friend.

I should have done more for my friend when I had the chance.

I would give anything to have my friend back.

I'm so sad for my friend's children because their father/mother died.

I wish I could see my friend one last time and tell him/her how much I loved him/her and how much he/she meant to me.

I had unfinished business with my friend, and now I'll never get to resolve things with him/her because he/she died.

TAPPING SCRIPT TO HEAL FROM LOSING A FRIEND

I really miss my friend and I wish he/she was still here.

I'm worried about my friend's kids because they will have to grow up without their dad/mom.

I wish I had been a better friend, but now it's too late.

I'm so sad for my friend because there were a lot of things he/she wanted to do in life and he/she won't get to do them because he/she died.

I'm angry at God/Life/The universe for taking my friend from me.

I really miss my friend and I wish I could see him/her again.

No one understands me like my sister did, and I really miss that.

I'm sad for my kids because their aunt died.

My sister died and I feel like a part of myself died with her.]

I should have tried harder to save my friend.

I'll always be sad about losing my friend.

I wish my friend could have had a longer life--there was still so much he/she wanted to do, and I'm sad that he/she didn't get to.

Sometimes when the phone rings, I think it's my friend, and then I remember it couldn't be, and the loss hits me all over again.

The holidays are really hard without my friend. I miss him/her so much at that time of year.

My friend was the one I could always turn to for advice and support, and now that he/she is gone, I feel really alone.

I just can't believe that my friend is gone--it's like it won't sink in.

I wish I could just pick up the phone and call my friend, even just to hear the sound of his/her voice.

The hardest part about losing my friend is knowing that I'll never see him/her again.